

# Exercises for Shoulder Pain Scan QR codes for Youtube videos

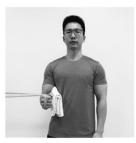
#### **External Rotation**





https://tinyurl.com/yy632mmm

#### **Internal Rotation**







https://tinyurl.com/mnh4wrch

### Scapular Protraction





https://tinyurl.com/tzjxefej



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## Scapular Retraction





https://tinyurl.com/8bxsn8z6

Low Row





https://tinyurl.com/spt6kkyw